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As We Buy Meat

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able, and always look well. Period glasses are always decorative and add the last needed touch to a period room. When in doubt as to where a mirror should go, try it in various places until you have just the effect you want. Don't think just because a looking glass has always hung in one certain place that it gives the best effect there. The importance of the mirror in decoration is apt to be under estimated. The most attractive

house may be made still more attractive by plenty of well placed mirrors. They lighten a dark corner, and a spot that is hard to decorate may be made attractive by so placing a mirror that it reflects a charmingly decorated spot. Our grandparents were cleverer in the use of mirrors than are we, for they used them over fireplaces and between windows, always with the purpose of decorating the space they filled.

One way to avoid the high prices of beautiful mirrors is to obtain a slightly damaged wind shield glass from a garage, have it silvered and framed. This not only is advantageous as to price but the plate glass is of the best, and the frame is exactly what you want.

Don't let the dark nook go undecorated for lack of an oil painting or tapestry—but give the same effect with a mirrored reflection of an opposite bit of color.

As We Buy Meat

By VIOLA M. BELL, Associate Professor of Home Economics

YES, I'll take a beef roast. Oh, three to four pounds will be ample," and with that, the housewife hangs up the receiver. The supply and good nature of her butcher determine whether or not, her family enjoy the said roast. "Is ignorance bliss," concerning meat cuts?

More puzzling than the work of an Elite pattern may be the recognition of various cuts of meat. It is no wonder, that frequently a harassed, hurried mother will leave the choice to the jolly, round, meat cutter.

From the carcasses, often hanging in the shop, a few moments information may be gleaned as the breakfast bacon is being wrapped. The round is one of the most commonly used cuts. It is from the middle of the carcass? Names may or may not be descriptive of the location, the bone, or shape of the cut. The reputation of a certain inn serving always a particular cut of beef, caused it to be called "Porter-house" steak. Sundry names often disguise "boneless" cuts. Identical cuts in the shoulder are known by various names in the different animals. Experienced buyers are sometimes at a loss, when in another section of the country. Locality, tradition and demand cause variation in the "fashion" of meat cutting.



Beef

Veal

- | | |
|---------------|--|
| Beef | |
| 1. Hind Shank | |
| 2. Round | |
| 3. Rump | |
| 4. Loin | |
| 5. Flank | |
| 6. Plate | |
| 7. Ribs | |
| 8. Chuck | |
| 9. Neck | |
| 10. Foreshank | |
| Veal | |
| 1. Hind Shank | |
| 2. "Cutlets" | |
| 3. Rump | |
| 4. Loin | |
| 5. Breast | |
| 6. Breast | |
| 7. Ribs | |
| 8. Shoulder | |
| 9. Neck | |
| 10. Foreshank | |

The above diagrams may explain in part, the relation of the wholesale cuts of beef, veal, lamb, and pork. In the last two, some of the cuts are retail cuts as well. Most carcasses are split in half down the back bone, unless in case of veal or lamb, where either the carcass is small, or fancy cuts are de-

sired. The average weights of one-half beef carcass is 450 lbs.; one-half veal 90 lbs.; one-half lamb carcass 30 lbs., and one-half pork carcass 100 lbs.

The leg of lamb and ham of pork are the hind shank, round and rump of beef and veal. The belly of pork—bacon when cured (the part for which the rest was made), is breast, or flank and plate of the others. The loin of pork is the combination, or flank and plate of the others. The loin of pork is the combination of the ribs and loin of the others. "Steaks" in beef, cut usually from round, loin and chuck, are in veal, lamb, and pork—"chops." Loin chops, the same price as rib chops, have the tenderloin muscle and much less bone.

The tenderloin muscle runs through the loin, underneath the back bone. When removed and sold separately it brings a higher price, but the choice part of a porterhouse steak or loin chop is lost. "Tenderloins" often are from inferior animals, where the whole carcass could not be sold over the block. Home butchers are fast realizing the value of leaving the tenderloin muscle intact.

Rib roast bought with the "rib in" insure ease of carving, and less plate muscle left on. Only the conscience of the butcher prevents him from leaving four to six inches of the plate muscle when a "rolled rib roast" is ordered. Why not sell a half pound or so of tough meat at the price of tender meat? In pork, however this is the coveted bacon.

Careful examination of a cut, to identify the bone, the characteristic muscle and "grain" of the meat is invaluable. The "T" shaped back bone and the tenderloin muscle differentiate a porterhouse steak from a chuck steak; a loin chop from a shoulder chop. The three large muscles of the round cuts contrast with the different shaped muscle and the small round muscle of the shoulder.

A brief table may be worked out for the selection of meat.

Carcass	Lean	Fat	Bone
Beef	Bright red	Creamy color	Hard
Veal	Pink	If any, white	Bloody
Mutton	Dull red	Hard, white	White
Lamb	Dark pink	Hard, white	Bloody
Pork	Pale pink	Soft, white	Bloody

Meat in good condition has little or no odor, and is firm, if gently pressed by the finger. The highest quality of fat is around the kidneys; kidney suet for puddings; kidney fat or "leaf fat" fat for lard.

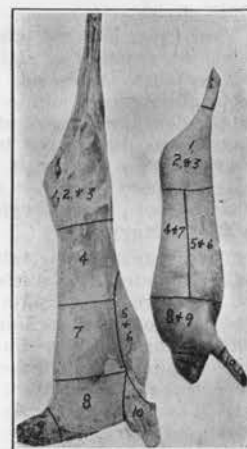
Some general comparisons of lean, fat

and bone, using beef as the example, are interesting. Round and chuck are the leanest cuts of the carcass. Loin and rib cuts are intermediate. The flank is low in lean, having two-thirds fat and no bone, while the foreshank is high in percentage of bone. The rump is made up of about one-half lean and one-third visible fat. Loin and ribs make up only one-fourth of the weight, but represent one-fourth of the retail cost.

To speak of the retail price of the particular cut, it must be remembered that tenderness, grain, color, general appearance and convenience of cooking are important items. The demand for certain cuts may mean, that other cuts of the carcass have a lower price.

Recent experiments have taught us of the vitamin content of the brains, liver and heart. The head, tongue, kidneys, and tail may be made into palatable dishes. A popular European food is made from the lining of the third beef stomach, "honey-comb," tripe. The diaphragm of the beef, a long narrow dark muscle, is well known as "butcher's or "skirt" steak. Where attached to the back bone it is falsely called "hanging tenderloin,"

- | | |
|--------------|--|
| Lamb | |
| 1. Leg | |
| 2. Leg | |
| 3. Leg | |
| 4. Loin | |
| 5. Breast | |
| 6. Breast | |
| 7. Ribs | |
| 8. Shoulder | |
| 9. Neck | |
| 10. Shank | |
| Pork | |
| 1. Ham | |
| 2. Ham | |
| 3. Ham | |
| 4. Loin | |
| 5. Breast | |
| 6. Breast | |
| 7. Loin | |
| 8. Shoulder | |
| 9. Shoulder | |
| 10. Shoulder | |
| 11. Head | |



Lamb

Pork

the last word being quite misleading. Throat "sweet breads," glands regulating growth; present in veal, lamb and young pork are great delicacies.

An intelligent buyer of meats, as an intelligent buyer of clothing, receives a great deal of consideration. A butcher is always glad to inform one, and takes pride, that into the market comes some one, who knows.